

ABSTRACT OF THE DISCLOSURE

There is disclosed a golf club such as a putter and in one embodiment an attachment for the same. The club head has at least one striking face, a rear face and side faces or edges defining a body of a predetermined thickness to which a shaft is attached. Within the body of the head there is provided a recess in a form which opens
5 into the rear face of the head or as a closed aperture completely defined within the body which is of marginally greater dimensions than, and adapted to receive an object such as a conventionally sized golf ball. The recess or aperture can be disposed of substantially centrally of the head behind the striking face of the club head so that the “sweet spot” on the striking face can be substantially centrally disposed of said recess
10 or aperture. Ideal toe-heel weight distribution can be achieved in this manner. The club, which is typically a putter, can be used as a practicing aid by swinging the same proximate a surface when the articles or objects are disposed within said recess or aperture. In one embodiment when the putter is swung so that it is no longer proximate the floor, the object or article is released and its momentum causes the same to continue
15 moving in a direction imparted to it by the swinging of the putter. The swing profile of a user can thus be quickly assessed. The attachment embodiment functions in a similar manner and allows for attachment to a conventional putter not provided with a recess to be used as a putting training aid.